

Dear Parents and Guardians,

Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy choices now and in the future.



Lesson Highlights

Key Learning Adventures:

This week your student learned about overcoming the daily pressures and stress in their lives. This can happen through building resilience, overcoming setbacks, and engaging in positive affirmations for themselves as well as within their peer groups. Recognizing when and where to use these tools will be something your student should be able to utilize throughout their whole life.



Why it Matters

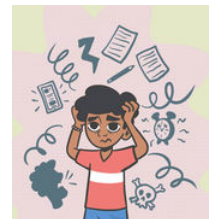
It's important for students to learn resilience to cope with life's inevitable challenges, maintain mental and emotional well-being, build confidence and self-esteem, and cultivate healthy relationships. Resilience helps them bounce back from setbacks, develop problem-solving skills, adapt to change, and avoid unhealthy coping mechanisms.



Conversation Starters

Ask your child to share with you any recent setbacks they might have had and what they learned.

Engage with your child in conversation about their daily stresses. What techniques do they use to keep themselves grounded?



Discuss with your child the positives of their social support groups/friends. Have any circumstances made them feel uncomfortable?



Parent Resources

Emily's Hope Substance Use Prevention Curriculum

<https://emilyshopeedu.org/>

Emily's Hope Parent Resources

<https://parents.emilyshopeedu.org>

Emily's Hope website

<https://emilyshope.charity/>